

## ABSTRACT OF THE INVENTION

A belt, inducing abdominal breathing, comprises a belt cloth; an attachment provided at one end portion of the belt cloth; a buckle attached in an end of another side of the belt cloth  
5 so that it may engage with the attachment, regulating the length of the belt cloth, fixing the belt cloth and pressing upper part of the pubis; a belt bending attachments slidely and detachably provided to the belt cloth, capable of bending the belt cloth. Therefore it fastens hypogastric region efficiently so that it can be enriched energy, and that fastens easily bound tight in the optimal state with one belt and can be bound tight in the optimal state without  
10 spoiling a design.